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## Conversation with the Heart

Conversing with your heart is the most important step you can take if you are interested in experiencing a fulfilling, inspiring life. I like to use the following example to explain the importance of conversing with the heart:

*Let's pretend that you are speaking to me but, instead of listening, I am looking around while you talk; it would not take very long before you would start feeling like I don't really care about you. If this was a regular habit in a long-term relationship, you would probably be quite depressed about it too.*

Well, our heart is speaking to us all the time but most of the time we are not listening! As a result we end up feeling unworthy, hopeless and depressed.

*Now let's say that you are talking to me and not only do I listen, but I also act on some of the things you share with me and desire. For example, let's say that you tell me that you really like Thai food and the next time I invite you for dinner I make a reservation at a Thai restaurant. You will know that I was listening and you will feel like I care. You would feel more important and probably worthier. The same happens to you when you take the time to listen and act on your heart's desires. However, we so often wait for the people around us to make us feel worthy and good; to make us feel amazing about ourselves.*

It's like we are still babies waiting for a mom to take care of our every need and tell us how great we are: we get hurt and upset when our lover, friends, family, life, God don't make us feel good. We try to *fix what is wrong with them* so that they give us what we can only give to ourselves. In coaching terms this is called an *unwinnable game*. Nobody outside ourselves can give us what only a healthy heart connection can. This brings on good news: we can turn this around. We just need to start paying attention to ourselves!

There are two things that our heart wants from us: (1) Know/find out that we are worthy of love. (2) Pay attention to what we would love to create with our life and act on it.

*The thing that we all want to know deep down is that we are worthy of love. That's what*

*makes us feel fulfilled... By taking the time to listen and act on what our heart desires we experience joy.*

Most of the time when we are challenged by the world, it makes us feel unworthy when we are not self-aware. Being unworthy is our biggest fear. The illusion that we are unworthy of love begins very early on. As an adult, it's easy to understand that a baby is worthy of love no matter what. It is obvious. But as a child we don't know that. We get convinced that we are unworthy just because something does not make us feel *good*. For example, if your mother or father are not happy, or if your friend takes away your toy, or if you have a brother that does better than you at hockey, then something *must be wrong with you* and you feel that you are unworthy.

When we feel unworthy of love we disconnect from our heart and we spin in our emotions and thoughts. Even as adults when things don't go our way we often get depressed and feel unworthy. By reconnecting with our heart, these illusions dissolve.

Try the following: close your eyes and recall moments in your life when you felt love, inspired, or in awe. It could be while looking at a beautiful sunset, listening to uplifting music, watching inspiring people in action like loving human beings, athletes, dancers, singers, acts of kindness, anything that touches you. In these moments people report experiencing gratitude, wisdom, compassion, abundance, confidence, safety, worthiness, fulfillment and love. This is the state of being we have when we connect with our heart. I guarantee you that if you start listening and acting on your heart's desires, your life will make you grateful. Feeling worthy of love starts by doing for ourselves what we would like others to do.

You have more energy and vitality when you are in tune with yourself. You attract people who are more in line with you, who have more energy and unconditional love. You have better job opportunities and more wealth because you put value on yourself, and you have improved health because love heals. You are more willing to take good care of your body, and the world around you.

If you want a fulfilling life, an intense desire to live connected with your heart is the first step. Without it there is no driving energy. Once desire is present, you will attract the necessary support and challenges to help you.

I want to point out something important about this book: it is written from the perspective of spirituality and not from psychology. Spirituality for me is the experience of the connection with *spirit* that is love, gratitude and wisdom. It has no connection to any particular religion, just a link to a God who is unconditionally loving and wise. It may challenge some of the ways that you look at life. If it feels right then integrating this knowledge will be easy for you. Many times we hang on to old ideas of what is right or wrong for us out of habit. We have been told to behave or believe in certain ways that are not necessarily in line with our heart. Open yourself up to new ways of living your life in a manner that deeply satisfies you and allow life's experiences to guide you.

Be aware that many times we hang on to beliefs without realizing that they are holding us back. They may be comfortable and *safe* but they disconnect us from our heart which makes us feel *unsafe*. I am sure that if you look back in your life you will find things you thought you were going to believe forever. For example, the person you fell in love (in infatuation) with and wanted to live with for the rest of your life when you were sixteen may have been there for three

months... but then again, if it was a real heart connection it may have lasted thirty years. Maybe it is the tattoo that you got when you were twenty that you thought was going to be the coolest thing ever; now you are trying to get rid of it but can't find a way to do so without leaving a scar.

Deeply embedded beliefs that are not serving us any longer, that are taking us away from our heart, can do the same. Some of these beliefs can be quite resistant to change if they have a lot of conditional love attached to them. We often behave in certain ways so that we can keep conditional love as opposed to unconditional love which is given freely without strings attached.

For example, when we grow up we often learn to be passive and give in to our friends, family or culture to keep conditional love. If in order to follow your heart and therefore be more assertive (as opposed to passive or aggressive), you wished to marry someone from a different culture than that of your family, you will need to be quite courageous. This is especially so if your family does not approve and threatens to disown you.

It takes courage to live connected to our heart but from my experience we can't escape discomfort anyway: we can either have deep, long lasting pain because we are not taking the time to be true to our heart, or temporary painful transitional adaptation periods (remember that pain only happens when we have not integrated the perfection of the situation) and that it only affects our lower physical nature. We have the choice between chronic or temporary pain. Either way we can't escape it, but when we follow the heart our life becomes more and more fulfilling.

The tricky part is to follow our heart and not some infatuation; learning the difference between both is one of the greatest challenges that we face. It is part of the journey towards enlightenment which, for me, is what happens when we connect with the light of our soul through a solid connection with the heart.

The journey is filled with adventure and, just like with any worthy adventure, we face ups and downs. That's what makes it interesting! But often in the beginning of striving to believe in our ability to listen and create what we would love for ourselves, we get upset when it does not seem to go our way. We get discouraged by what seems like obstacles and we think that "Maybe I am not meant to have this. Maybe this is not right."

For example, Mary wanted to make more money at work; she decided that she wanted to double her salary within the next few years so that she could do the things that inspired her. She started visualizing and creating this reality in her mind. A few weeks later, her boss called her in his office. He tells her that the company needs to downsize and that she will only be working half the hours that she was working before. At first she was upset, feeling that this was exactly the opposite of what she wanted and was discouraged. Then she stopped and started to look at her options. Because she was only working part-time, she decided to go back to school to take the business course that she had been thinking of taking but did not have time for. Once she graduated, she started her own business and within a couple of years had doubled the salary she had been making when she first started desiring it.

This is a good example of how it often goes when you first start creating something new for your life. If we don't know that we always attract both support and challenge to help us manifest our heart's desires, we may get discouraged and decide not to go any further. We may feel we are not meant to have *it*, that we are *unworthy*. We may get upset and stuck in our emotions instead of experiencing the awe and gratitude that comes when we see the perfection. Asking ourselves, "How is this challenge helping me get what my heart desires?" helps us gain energy

instead of waste it in emotional reactions.

The universe wants you to have what you love the most! Don't be fooled into thinking that it is not so when a challenge comes your way. I once went to a seminar where we were asked to sit with a person we did not know and share with that person what we would do if we did not have any fears. People were quite emotional sharing their deep desires and the people that were listening were very present and quiet. When the seminar leader asked the listeners if they wanted the other person's desires to come true, we all wholeheartedly said yes. We felt that we would love to support them in any way possible. The seminar leader then asked, "Do you think that the universe would not want it for you too?" This felt right at a deep level. It does not make sense to me that our creator would want us to be miserable. Everything that happens, both pleasant and unpleasant, is to help us achieve our deepest heart's desire.

Once you know that all the events that you attract are there to help you, you can start taking advantage of everything that comes your way. You won't need blind faith; very soon you will have proven to yourself that this universe is a loving one even if sometimes it feels really bad to your senses. As you do, your life will take on a feeling of adventure.

As human beings we experience life through three modes:

1. Our mind
2. Our emotions
3. Our heart

***Without a heart connection, it is impossible to experience a fulfilling life, even if you have everything needed for one.***

If we are stuck in our mind, we are trying to escape feeling our emotions because we are uncomfortable with them. We are trying to figure out ways to feel how we would feel if we were in our heart, but we are using our mind instead: a total impossibility. Our mind can spin around and around trying to figure out how to be *happy*, never succeeding until we allow ourselves to feel with the intent to enter the heart. Data of Star Trek would be an extreme metaphor; he is nice enough but he does not have a connection to his essence and therefore he will always remain a robot that can never experience love. When we are in our head, we can suppress the pain of sorrow but we can't experience the joy of love.

Difficulty feeling emotions is often connected with men, especially the older generations of men. Naturally some women also have a similar challenge but not as often as men. It is becoming more accepted now for men to experience their emotions, but for a very long time *real* men were not supposed to experience *weak emotions*, like grief or fear. Anger was an acceptable emotion to express but not the others. Remember this: if the males in your life mainly expressed anger, I don't know about you, but that would have made me angry too.

Some people escape into their head because they have a sharp intellect that brings them a lot of validation and makes them feel safe and powerful. Because they feel inadequate while dealing with emotions, especially when they are in a relationship with someone who is really emotional, they tend to move into their head even more to get a sense of security. It is very polarizing, and it can create big tensions that are more challenging to manage.

However, the opposite is also true. When we are in an emotional storm, we are unable to access the mind, which would bring some balance and help us enter the heart. Deep emotions can take over our life, spinning us out of control. This has been more traditionally the realm of women except for anger as mentioned before. Without the ability to centre ourselves, we get disconnected from the heart. Engaging the mind to see the perfection of the circumstances of our life and/or doing a centring practice like "Quick Coherence" from the HeartMath Institute, allows us to use the mind with the intent to balance the emotions to enter the heart.

*The heart is the connection to our soul, which is the source of love. Our soul does not experience human emotions. When we are experiencing emotions, we are not in our heart, because we only have emotions when we don't see the perfection. When we live in our heart we experience "heaven on earth." When connected, we experience love, gratitude, abundance, compassion and wisdom, which is often how heaven is described. We don't need to die to live in heaven; we have access to it every time we are grateful. Heaven on earth = being grateful; Hell on earth = being ungrateful.*

We are ungrateful when we see more negatives than positives in a situation, and we are elated when we see more positives than negatives. Emotions are the result of being unable to see the perfect balance in every situation; for every action there is an equal and opposite reaction. We get stuck in our emotions because we are not using our mind to get the bigger picture.

By seeing that each event of our life had/has an equal balance of pros and cons, positive and negative, support and challenge, we rise in consciousness and have access to the bigger picture. It is like being in a helicopter looking down into a forest versus being lost in the forest below. The bigger the picture, the easier it is to find our way. Einstein said that the only way to solve a paradox is by transcending it, that a paradox cannot be solved at the level it was created. When we rise in consciousness and look for perfection in the events of our life, we are removing ourselves from the emotional state that created the crisis and we enter the inner peace of the heart.

To heal the connection to the heart there are three necessary steps:

1. Spending time looking at *the big picture of your life* so you can experience gratitude for the perfection of the supports and challenges of your life.
2. Engage your *female principle* and have the courage to listen to your heart.
3. Engage your *male principle* and be willing to do whatever it takes to get what your heart desires.

***When you do all this, you experience fulfillment, love, gratitude and success.***

From my experience, these three steps are the most efficient ways to get you connected with the heart. When we are grateful, it is easy to be present and experience the heart. Without this presence you spin out of control in your emotions and thoughts and feel dissatisfied with the moment. You know that you are free and have fully integrated your life when you would be

willing to do it all over again the same way because you know how perfect it was. You know that all the supports and challenges were there to help bring the qualities and talents that make your personality.

When we act on all three components, we heal our connection to our heart since the only way to experience all three components is by paying close attention to the heart by being present. And when we do this, it brings an amazing sense of being fully alive. When we heal the connection to the heart, we are guided and feel safe and secure. Life is filled with joy and even though you still face challenges, they don't get you the same way anymore. You know that you co-create everything that comes in your life to help you learn more about loving yourself and others.

The female principle is very important, otherwise success is often defined by outside achievements. In North America, success is often described with a display of wealth, family, beauty, fame, fast cars, and great clothes. Is success any of these or all of these? We have all heard of people who seem to have it all who end up committing suicide. Obviously a sense of success does not come from public accomplishments. It comes from connecting to our heart and knowing what is important for us and being dedicated to making those things come alive.

When we are not connected to our female principle and are just busy doing, we burn out. When we are not connected to our male principle, we know what we want but we don't act on it and we feel depressed; we feel that life is unfair.

It takes courage to engage the female principle. For example, it takes courage to listen to your heart that is not whispering anymore but screaming that you need to quit your job. It is scary to leave security behind and follow your heart. Similar fears can be found about getting into a relationship or leaving one. Whatever the heart is guiding us to do, when we have the courage to listen and act we feel instant joy. It is challenging, it is often scarier than bungee jumping, but the contentment lasts a lot longer than a passing thrill.

The effects of following the heart are cumulative. Each time you follow your heart and act, you create more self-esteem and self-worth as you are putting value on yourself. People come to me and tell me that they want more self-esteem, but they think that it can just happen by some magic. Self-worth is something you do for *you*, by paying attention to yourself and having the courage and the dedication to do whatever it takes to be true to your heart.

The female and male principles are beautifully represented by the traditional yin and yang symbol:

This symbol can be really useful when someone is in the midst of an emotional storm doubting what to do next. A symbol that wisely engages the mind to balance the emotions can help enter the heart and bring resolution much faster. The yin and the yang can represent the entire score of polar opposites that exist in life: positive and negative, support and challenge, dark and light. When we have integrated that nothing can happen to us without an equal and opposite reaction, we can start playing in the game of life with more wisdom.

It is so very important to know that a life will never have more support than challenge. If you don't challenge yourself, the world will challenge you. If your parents did not challenge you—either consciously or just by the situations they brought in your life—you have been challenged either by yourself or by someone or something else!

One of the biggest challenges that I see with people who say they want a great life is that

very often they are not willing to take on the challenge of getting into action. They choose the pleasure of the familiar and non-threatening over fulfillment of their heart. They then just condemn themselves to a life that is depressing and unsatisfying.

We make constant choices in our life over which kind of pleasure and pain we want: the pleasures of our senses/emotions with the pain of being unfulfilled or the pleasure of fulfillment that comes with pain of facing challenges. We can never escape the polarities between pleasure and pain, support and challenge. *You can't escape challenge because if you are too supported you will weaken, and that will become your challenge.* An interesting by-product of this law is that when you challenge yourself by following the values of your heart, you get equal and opposite support. This is one way of activating the principle of attraction. Admit an inspiration that has a purpose greater than yourself, which creates a great challenge, and watch the support you get.

Full self-expression comes from engaging our female principle, which is passive, receptive, intuitive and in charge of listening to our wisdom/intuition/inner voice/heart. To activate it, we must be present. But it also needs our male principle, which is active, assertive and in charge of taking action steps to make sure that the female principle is satisfied. I believe that a great life is as simple as that. The more we deeply pay attention to our female and male principles, the more love, fulfillment and true sense of success we experience. And by the same token, we increase our sense of self-worth.

Sometimes I give my clients the following image to help them engage with the female and male principles: the female principle is like a beautiful goddess who is really in tune with who she is and what she wants in life. The male principle is her knight in shining armour who is ready to do whatever it takes to make sure that she be satisfied: he will slay any dragon that stands in the way. Whether you are a woman or a man you have access to both.

Gratitude for all the events of our life is also very important for increasing our self-worth and experiencing a fulfilling life. The worthier we feel, the more we have the desire to listen to ourselves and act on our desire. When we don't feel so worthy, it is harder to get ourselves motivated to activate the female and male principles.

Most of us have had our self-worth challenged by what I call the *Santa Claus Syndrome* (even if you did not grow up believing in Santa Claus you have most likely been affected as well), which is the unconscious belief that good things happen to good boys and good girls and that bad things happen to bad boys and bad girls. If we were good we got rewarded and if we were bad we got punished. The problem with believing this is that every single one of us has experienced challenges—things that we would consider *bad*, giving us the illusion that we are unworthy. When we feel unworthy, it makes it much more difficult to have all that our heart desires.

The worthier you feel, because you have a solid connection with your heart, the easier it is to engage yourself into action and the more vitality you have. The female principle wants you to stop and listen to find out how worthy of love you are and what your heart desires to create with your life. These are the first things that your heart wants, and they dissolve depression, anger and sadness. Emotions that may be giving you the opposite message are important clues as to where you need to go to dissolve an illusion that somehow, somewhere you were unworthy.

All the emotions that are related to feeling that life is not treating us fairly are actually

connected to not listening to ourselves and not doing whatever it takes to make what our heart desires happen. If you feel that the world is not treating you fairly, it is because you are not treating yourself fairly; you are not taking the time to find out about how great you really are and what it is that your heart desires.

At the time of writing this book, there was a lot of discussion about the principles of attraction. What is important to know is that we attract towards us what we believe deep down. It is not what we think about that we bring about, it is what we believe in—*what we feel shows us what we believe*.

You know what you really believe when you see how well you match your thoughts with actions and behaviour. Let's say that your heart tells you that you are ready for a relationship, but in the past you have not had too much luck in that area. You pick up a book and learn about the power of your mind to create your life. You start to affirm that you are ready for a consciously loving relationship and that you are certain that it is coming your way. But at night when you get home you sit on your couch eat bonbons and cry because you feel despair. What do your actions and behaviours prove? What is your belief?

Or maybe you start affirming that you are worthy of a great, loving relationship. You pick the first person that comes your way, even though deep down you know it's not the right fit because you are afraid that there will never be someone *out there that will ever love you*. What is the truth? Is it that there will never be anyone out there to love you? Or that because you don't love yourself enough to wait for the right person, you keep proving to yourself that there is no one out there?

People like the idea that you can just think about what you want and believe in it to create it. However, the principle of attraction also demands that you act on what you desire. Even if the actions you take are not the ones that will directly bring you the results you are after, they create an energy that will attract more powerfully. When you are willing to act on your desire it is the proof that you really want what you say you want.

If you don't act, you will never get something that you are not willing to give to yourself or if you do, you won't be able to keep it. Once you are actively engaged in manifesting your life through desire and action, you attract the people/events/ideas/things to challenge and support you and help you get what you desire. Attraction therefore is both passive and active. Even if you don't know how you are going to get what your heart desires, start acting on what you can do now. Often that is all you can do. Do your best every day to follow your heart and it will lead you to places you would not be able to conceive on your own.

I was reminded of the *resonance principle* in an interesting manner at a conference I was attending. One presenter, who is an amazing musician and singer, plucked the string of a guitar; it resonated and made a note, which is to be expected. Afterwards he just sang the same note, which made the string resonate and again created the sound in the guitar.

Our voices have frequencies and our thoughts also have frequencies that, when matched with others, create resonance. The people, events and opportunities that we attract in our life are in resonance with our inner thoughts and feelings. If you love yourself, you attract more people to love you; if you beat yourself up, you attract people to beat you. When we don't like what the outside world reflects to us, we need to examine our thoughts and feelings about ourselves. One of my patients told me that he had been in seven car accidents that had "never

been his fault.”

Some people seem to attract people to beat them up all the time while others go through life making friends wherever they go. It has been my experience that when we don't resonate with something, either we don't attract it around us or if it is around us, it does not affect us. It's as if it does not speak the same language. It's not that someone is worthier than another; it's just that when we don't need to learn that lesson we don't resonate with it, we don't attract it around us.

*You attract the people and events that resonate with you. What is around you is always a reflection of who you are. If you don't enjoy what is there, it is a clue that something within you is not in line with your heart.*

Look at your overall life. Is it a life filled with joy, loving people, inspiration, and success? What do you need to do if you see a reflection that you are not living up to your full potential? What if you realize that you are not fully enjoying who you are? This is when you need to become a *detective* and figure out what's in the way of creating a fulfilling life. It is a kind of game, where the goal is to remove as many *veils* as possible that are in the way of your heart. Each veil represents an illusion that you are unworthy of love. This unworthiness will show up, as you not listening or acting on what is important for you.

If the natural state for a human being is to experience fulfillment, love, gratitude, wisdom and abundance—because that is how we feel when we are connected in our heart—then any time we don't feel like this means that we have disconnected. When we get out of the heart, we experience emotions: positive and negative emotions.

*If you feel lonely, sad, angry, afraid, low self-esteem, betrayed or any other emotions, it is because you are not in your heart. You have not seen the perfect balance of support and challenge and you don't have gratitude.*

If you are seeing more negative than positives in the situation: you don't have the big picture, otherwise you would be grateful. The same goes when you experience positive emotions like excitement, infatuation and elation. This happens when you see more positive than negative, which again comes from not seeing the full picture.

As human beings we often like experiencing intense emotion. We may want to feel anger or sadness, for example, as we consider them *normal* or *righteous*. They feel good to the ego but not to the heart. They make us feel empty in the long run. There is nothing wrong with wanting to experience big highs, just as long as you know that sooner or later you will experience big lows. When you come from the heart, it is centred—it's calm and joyful but without a big high. You feel grateful even when life sends you challenges because you know that they are there to bring the best out of you.

I know that it is not obvious right now how you can transcend these emotions, but I will expand a lot more on that later on in this book. I don't want you to think that emotions are bad, especially the negative ones. In fact, I find that in order to move forward in our life we often need to pay attention to them. They are clues that somehow, somewhere in our psyche we got hurt by the illusion that we were not loved.

If you allow yourself to first feel the emotions, with the goal to dissolve them from your physiology (you may have heard of the old saying, "What you resist, persist"), and then use your mind to find the perfection in having had them, you will then easily enter your heart. You don't want to wallow in your emotions, however, because then you will just anchor them deeper in your physiology. You need to stop and feel them with the goal of finding the truth about them. We don't have to feel the same old emotions forever. We can deal with them once and for all and choose to experience gratitude and love instead.

When we don't pay attention to our emotions, many of the actions we take are actually not actions but reactions to past emotions and events. We think that we are coming from the heart but we are not. We confuse what feels good to our emotions with our heart. I believe that one of the most difficult challenges that we face as human beings is to discover the difference between infatuations (with ideas, people and things), which satisfy our senses and emotions, and love, which comes from the heart. It is a full evolutionary process that takes time and comes from trial and error.

When you look back at your life, I am sure that you remember falling in love with someone/something and thought you would die if you lost them, only to realize that you had *fallen in infatuation* with them or it. It is a difficult concept to teach children and young adults that when we first experience pleasure it is not necessarily love. As we get older, we have the chance of experiencing situations that felt unpleasant to the senses and emotions at first. But because we stuck with them and worked through them, we discovered a joy and a fulfillment unmatched by anything else.

We all get opportunities to learn about love throughout life. We all have access to experiencing it because each one of us has a heart. It is easier and faster for some because they have less veils and therefore greater access to their heart's wisdom.

The fear of being unworthy of love creates the veils. With time, this fear can remain conscious and/or become unconscious. Conscious when we are aware of it, and unconscious when it creates Pavlovian reflexes that we are not aware of. When we are disconnected, we have emotions like anger, sadness, guilt, jealousy, despair, depression, insecurity, self-doubt, etc. With a strong heart connection we are more confident and we have more courage, which gives us energy and determination. We can hear more easily what the heart is whispering and we get into action more easily.

The word courage has the same root as the French word *coeur*, which means "heart." Living a life with courage is living a life from our heart. I find this really beautiful and inspiring. Each one of us has the ability to live an inspiring life by being connected with the heart.

When dealing with the conscious blocks, or veils, our mind can comprehend why we are reacting a certain way: "I don't want to quit my job because I am afraid that I won't find another one." I have also seen women not pursue a successful career because they are afraid of losing their husband since he may feel threatened by their success. They fear not being able to have both a successful career and a family. In both examples they know they are coming from fear instead of from love, but they are not ready to take actions yet.

And then there are the unconscious blocks, or veils. These are trickier, but we need to be aware that they exist. Otherwise, we may take an emotion for the truth when it is only a conditioned response. *We are not aware of why we are feeling the way that we are feeling. We*

*don't know that we are reacting instead of acting consciously for our highest good.*

It is rare that we will know things like: "I don't want to quit my job and lose my security because when I was seven years old, we moved and I lost the safe environment that I knew and all my friends and support system and I hate trying new things because of it." Or, "I don't want to put time into my career because when I was nine years old, my mother was fighting with my father because he was always at work, and by the time I was twelve they had divorced."

Subconscious blocks, conditioned reflexes—or *Pavlovian* reflexes—were physiological responses studied by a scientist named Pavlov in a famous experimentation. Pavlov would bring food to a hungry dog, the dog would salivate and Pavlov would ring a bell. After a while, he did not need to bring food to get the dog to salivate; he only needed to ring the bell.

It is possible to create Pavlovian responses in humans as well. You can experience it right now if you become really present with what you will read. Let's imagine, for example, that I bring you a lemon. You take it in your hand and smell it. I now cut it in half and you can see some juice squirt out and you experience the stronger smell of the lemon. I cut it in half again and ask you to put the piece in your mouth and bite it. *Are you salivating right now?* As human beings, we can store conditioned reflexes that get us to react instead of act with decision-making as well as physiological reactions.

In 1989 I started studying a mind/body technique called N.E.T. (neuro-emotional technique), which was developed by Dr. Scott Walker, D.C. in the early 1980s<sup>1</sup>, which aims at finding and eliminating Pavlovian-type conditioned responses that fail to naturally fade away. After using this technique on thousands of people, I began to notice recurrent patterns that can decrease our ability to connect more freely with the heart.

Depending on the experts, some say that up to 80% of what we do is not an action but rather a reaction to past events! Talk about not having freedom and being chained to unconscious emotions instead of following the heart and doing what would really be fulfilling! Many conditioned reflexes get stored in our physiology because of intense emotions. I believe that this is what Eckhart Tolle refers to when he is speaking of "pain body."

However, we also have habits that were created by watching our parents as we followed their example. Our parents had different needs and desires from ours that they wanted to manifest. Our teachers, friends, relatives, coaches, movies, books, games may have shown us ways to look at life according to their needs and values. It's important to know that some of the things we are doing are not really what deep down our heart wants us to do. They may be habits or Pavlovians that we gathered along the way.

One of the challenges with conditioned reflexes is that they are "stored biochemical realities" that bind us to the age the emotion got stuck in our physiology. You can be forty, fifty, sixty or one hundred years old, but if something activates your Pavlovian reactions, you will feel and act at the same chronological age you had when it first got stored in your physiology. So if you were a baby, a toddler, a child or a teenager when your Pavlovian becomes activated, you will react like you were a baby, a toddler, a child or a teenager. You will have the same power, confidence and wisdom: you will feel out of control and unable to cope without knowing why.

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<sup>1</sup> For more information, please visit [www.netmindbody.com](http://www.netmindbody.com)

How much maturity and sense of power does one have at these ages? It can be really scary for people to feel that they are unable to find a solution out of their emotions. Even though they have knowledge, they are unable to use it. It feels like the emotions are taking over, and no matter how much *they should know better* they are still stuck. This compounds the problem. People can experience great anxiety over this because they feel out of control. The more they know and the less they are able to help themselves, the more anxiety they experience.

I see the effects of this very intensely when someone is going through romantic relationship challenges. The obsession over the situation, the sense of loss, the intensity of the pain are pure Pavlovians. I have experienced this in my own life, and I have helped many free themselves from these emotions. Most often it all starts if, as a newborn or very young child, the bond of love with mother got threatened. When we face challenges in intimate relationships as adults, we may end up re-experiencing feelings of extreme grief and despair if we thought that we were going to lose mom. When the bell rings, we end up feeling as powerless and scared as a child would be. It can become an obsession. I wrote *mother* because often these emotions got stored at birth and in very early development, but it could be any caregiver who was very important in the child's life.

*The feeling that one is going to die from the pain is not the reality of an adult but of a child.* We would naturally still experience distress if we were going to lose someone we love as an adult. However, the intensity would not be the same if it was not a Pavlovian response. It would be more mature, less out of control, less of a feeling that we are going to die from the loss and, once integrated in the heart, transcended into gratitude and love more effortlessly.

A conditioned or Pavlovian reflex is stored in our physiology more easily if the emotion is really intense and if we are in a weaker physiological or emotional state. One of life's very intense vulnerable moments is birth. It is so traumatic on most babies for two main reasons: (1) the feeling that we are not going to make it as we transition in the birth canal and (2) because often we were not allowed to be comforted by mom right after this petrifying experience.

The fear of transition in the birth canal is deeply embedded in many. Whenever we are about to make a major transition in life, whenever we are about to go out of our comfort zone to follow our heart, the *bell rings* and we are brought right back to the petrifying transitional moment of birth. This fear also shows up as inner conflicts or *self-sabotaging* mechanisms when we know that we are about to reach some important desired goals or when we feel we are to leave one reality for another. Reaching these goals unconsciously brings us back to the womb.

When the Pavlovian bell rings, it is not about making a nice transition towards something we have been working really hard for: it is a flashback to the petrifying experience of leaving the too small womb for the needed bigger but unknown world that almost cost us our life. It does not make sense on the outside that reaching some important desired goals would cause fear, but it makes sense if you understand this mechanism.

From the 1950s until quite recently, babies were whisked away from the mother and were put on a feeding schedule, regardless of their emotional needs. Can you imagine how you would feel if you went through one of the most traumatic experiences of your life and the person you need and trust the most to be there for you is not there to comfort you? Well, that was very likely your situation. This deeply impacts our sense of worthiness. It makes us feel that we are not good enough, that we are unlovable right at the beginning of our journey: it makes us feel

depressed, unloved and desperate. I am convinced that many of us are on anti-depressants because of a similar story. But the good news is ... it is not true! As adults, it is easy to know that a baby is precious and worthy of love, and that mom loved us even though she did not respond to us.

When we are *heart driven* it is easier to reach great heights. When we are totally inspired or when we have something bigger than ourselves to aim for, it gives us courage. It allows us to face fears and walk right through them which we would not do only to satisfy our senses. If you have a bigger fear to stay stuck in the little and unsatisfying world that you are living in than to face the fear of transition, you will get into action.

Another common source of *veil creation* occurs when a sibling is born, stealing away the special place the older siblings had. Often we are not aware of this consciously—these feelings are often unconscious. We don't know why we feel unworthy, we just do. Again, as an adult, I am certain that you know that the oldest sibling is just as worthy as the youngest. What a relief it is for someone to let go of these feelings that are based on an illusion. To feel unworthy of love because we thought mom did not love us because she was not there at birth or because she had a new baby is a *normal* reaction for a child, but it is *not* the truth. Feeling unworthy, not good enough or unlovable, because such normal life events occurred is so easy to dissolve. It is worth taking the time to do.

The bond with mother has a deep impact on our worthiness. However, it is important that mothers do not become totally paranoid that they can *damage* their child if they are not 100% aware of their baby's need. What they did or did not do was perfect support and challenge for their child. They don't have to be sweet and nice all the time for fear of upsetting their child because that does not serve either. Remember that we need challenges to make ourselves stronger and ready for life.

Just like your parents were on an evolutionary path towards understanding how to better love themselves and others and challenged and supported you along the way, you are doing the same thing for your children. Just like your parents were perfect in supporting and challenging you, you are perfect for your own children. If you don't see how the challenges you gave your children provided them with support, you will experience guilt. Guilt is a common emotion that gets us to compensate or be nice instead of loving. When we love, we support and challenge; when we feel guilty we tend to support out of insecurity.

Children know it when a parent is acting out of guilt instead of out of love. It does not feel right in their heart; they feel unloved. The niceties become the challenge. It has been my experience that some of the least equipped people to deal with real life are the ones whose parents were too nice, sweet and overprotective. Some parents, because of their own insecurities, want to be liked instead of being loved by their child. They remember what they did not like as a child and they want to do the opposite. *Liked* here implies that one is using their emotions instead of their heart, which loves. Remember the lesson I learned with my dog; I wanted to be liked by her and it cost her life.

With the new generation, the black and white roles of mother and father are blurring. The extreme polarities between bread winner and nurturer are not as strong anymore. As a generality though, I have found that our mother prepared us for the world inside the home and with intimacy, while the father prepared us for the outside world and career. Our siblings also

impact us: they seem to influence how *big* we feel we can be in the world. The more we felt liked or disliked when taking our place in the family, the more or less comfortable we are at *shining* in our lives. I think that the famous quote from Marianne Williamson, which Nelson Mandela used in one of his speeches, about being afraid to shine so that we won't make other feel uncomfortable is a perfect expression of sibling dynamics.

It is so easy to believe that we are following our heart and doing what we love when in fact we are just reacting to old family dynamics and events. You may be asking yourself, "What can I do about this?" "How am I supposed to figure out if what I am doing is really in line with my heart or if it is only a reaction to some events from my past?"

N.E.T. and other techniques that demand the help of a practitioner are very effective at helping you find and dissolve emotions. Through working with such a practitioner you learn the difference between heart and emotions.

There is also support available through learning the Super Conductivity™ method that I co-created with CoachVille CEO Dave Buck. This method teaches specific techniques to make you aware of your feelings, thoughts and actions so that you can align them for your highest good without the help of a practitioner. You can learn this method through the DVD available on my website, [www.thevibrantlifecoach.com](http://www.thevibrantlifecoach.com), or you can learn it through teleclasses at Coachville, [www.coachville.com](http://www.coachville.com).

If you take time during the day to stop everything, pay attention and experience your heart, you will notice that emotions feel quite different than your heart. You will sense the difference in your body's sensations or feelings. Paying attention to the sensations and discovering that different emotions exist in different locations will be an empowering awareness. The more you live, experience and pay attention to the illusions and the truth, the more solid your knowledge of yourself will become. It will allow you to *wake up* spiritually and to become more aware of your reality. By learning to be self-aware, you empower yourself and experience more fulfillment.

Some of my students and clients have described the process of waking up as similar to what happens when we get up in the morning. When they are asleep and dreaming, the dreams happen to them. They don't do anything; rather, they just experience whatever comes their way. When they wake up in the morning, they can start willing themselves to have a shower, breakfast, and go to work. They feel they have some control over what happens.

Spiritual awakening is similar; we start to realize that we were really letting life happen to us instead of manifesting it as our heart desires. Yes, we were waking up in the morning and getting ready to go to work, but without any real consciousness as to why we were doing it. What was the point? Why were we doing it? To satisfy our parents? Our spouse, kids, co-workers, boss, society? Without knowing if what we are doing is in line with our heart or is just in line with what is expected of us, we are asleep; we are unconscious. Life happens to *us*, instead of us creating it as we desire it to be. It is amazing how alive and vibrant we feel when we start to wake up.

The process of spiritual awakening is the process of fully integrating our spiritual nature with our human nature. When we align the personality traits that we developed while unconscious with the values of our heart, we integrate ourselves. As we do this, we have a desire to manifest because listening to our heart demands that we pay attention to who we are and what we desire

and then act on it. We become active co-creators of our life, as opposed to simple creatures.

## EXERCISE

The better the connection with our heart, the more self-love/worth we have. The more self-love we have, the higher the frequency of our energy, and the easier it is to attract and create what we desire in all areas of our life.

**A.** To help you understand the consequences of following or not following your heart, answer the following questions. They will help you have more courage, dedication and facility in overcoming your Pavlovian emotions:

- 1) Why do you want to connect with your heart? What would be the advantages?
- 2) What would be the drawbacks if you don't?
- 3) How would it impact your love life? Your career? Your finances? Your spirituality? Your social life? Your health?
- 4) What are your core values? What makes you feel like you are really alive? Remember and describe times in your life when you felt you were in the flow, alive and grateful.
- 5) What was happening that made you feel that way?
- 6) What were the common denominators? Was it freedom? Security? Growth? Learning? Abundance? Inspiration?

The following exercise will help you discover what you deep down believe. Since we manifest not what we want, but what we believe, this is a very good exercise to do.

**B.** *Are you walking your talk?*

Write down something you really desire but don't have yet.

How would someone who knows with certainty that they will have what you want behave? (For example, someone who knows they have a mate coming into their life would not sit home crying eating bonbons. They would be busy organizing their life for it. What would that look like in your case?)

Are you matching it? Which activities do you need to do or stop doing to match the vibrational energy of a person who has what your heart desires?

## 2.

# The Game of Creation

I want to introduce you to the idea of the biggest game you could ever play: the game of *creating* a fulfilling life! *You may not actually do this, but it is a good metaphor to explain this most important game called life.*

Imagine that you have a big Styrofoam cone with the Eight Mirrors of the Self diagram printed at the bottom. You also have eight toothpicks because you need one for each mirror. Why mirrors? Because we tend to define ourselves by the reflection that we receive in the eight environments, even though they are not who we really are. The cone also has seven different colour bands from the bottom to the pinnacle. Each band represents a jump of energy you can make towards a more fulfilling level of integration. (We use seven just as there are seven colours in a rainbow and seven notes in an octave.)

This is not a high-tech game, but I guarantee you a lifetime worth of fun!

The aim of this game is to find your way back to your heart while exploring all the environments. To do so, you will need to bring your eight toothpicks from the bottom of the cone (where you live, not being very inspired because you are disconnected from your heart) towards the top of the cone where you live your life as your heart loves it to be. The pinnacle or top of the cone is really the core of it. Here the positive and negative charges, the *yin and yang*, are united and one. At the bottom, the positive and the negative charges are separated in duality. If you imagine a line in the middle of the cone all the way to the pinnacle, that line represents your heart connection, which is the conduit to your soul. The outside limits of the cone represent the number of veils that are between you and your heart: the bottom part has more veils than the top part.

You experience heaviness and despair when you live at the bottom level. You experience deep fears because you feel disconnected from your soul and love. The biggest fear of all is that you are unworthy of love, which brings a roller coaster ride of emotions as a result. If you imagine a pendulum swinging back and forth in the middle of your cone, the swings will be most extreme at the bottom. In contrast, when you are at the pinnacle the swings are almost imperceptible; you are centred experiencing love through the connection to your soul. The swings at the bottom create highs and lows and the need for more highs which brings other lows. These swings are very hard to handle with extremes of happiness and sadness, a kind of

manic-depression. At this level you are most likely to contemplate suicide or use strong drugs to numb your pain. The addictions eventually lead to health, relationship, environmental, financial, spiritual, social, familial or mental challenges that make it even more difficult to connect with the heart.

We are able to live at the top level when we know that for every action there is an equal and opposite reaction. That for every challenge there is support and for every support there is challenge. When we are living at the bottom level we think we can have support without challenge and vice versa. We get stuck running away from what feels bad to our emotions towards what feels good. When we live at the top level we don't let the emotions guide us, we use them to help us be true to our heart.

My experience is that people who live from high up the cone in many areas are more radiant. They have charisma and poise, which is very attractive. When you live at the top level, it also increases vitality. For example, the demands on a mother when she is taking care of a newborn baby are immense, but because she loves the baby it gives her energy. If you are inspired by your work, you do a lot more than if you just want a paycheck.

You win the creation game when you manage to have all your toothpicks at the top of the cone. This can only happen when you have mastered yourself and are living a fulfilled life in line with your heart's desires in all areas. To get to the top, you will have to experience all kinds of challenges and adventures to help you shed the illusions that you are the mirrors themselves. You also get plenty of opportunities to learn to find the perfection that is in everyone and everything because it is the only way to go up in consciousness.

As you go through the game some challenges will be fun and you will feel on top of the world; some will hurt. But, over time, after having experienced both the fun and difficult adventures, you will start looking at the game in a different way. You will no longer go through highs and lows based on whether you are winning. You will know fulfillment regardless of the adventure because you are waking up and you have gratitude for the challenges and wins. You know they are helping you achieve your goal of learning to be connected to your heart and experiencing love no matter the different areas of your life you are exploring.

If you look at the diagram of the Eight Mirrors of the Self, you see that in the inner circle is the actual SELF: the core of you that you experience when you are connected to your soul through your heart. Your soul is where your authentic self resides; it is infinite and immortal, wise and where unconditional love lives.

The next concentric ring in the diagram encompasses the equal and opposite strengths and weaknesses you feel you possess. These are your emotions and thoughts as you explore the eight different environments surrounding you. These environments mirror you. If they are fulfilling, it's because you are connecting with your heart, finding the perfection in people and events, working on manifesting yourself. If they are not, then you are disconnected and living lower down your cone, in the lower frequencies. The higher up the cone the higher the frequency—and the brighter your light. The lower down the cone you are, the lower the frequency and the less light you project.

When people are inspired and connected to their heart, you see it in their eyes and they radiate energy. When someone is living disconnected from their heart, in desperation, they have a darkness around them. The more we are grateful while experiencing each area/mirror of life,

the more connected to our heart and soul we are and the higher up the cone we end up. You can have a family, beauty, fame, one million dollars in the bank and be living at the bottom of your cone. You can be without kids, without much money in the bank but experience love and abundance and be living at the top of your cone. You can lose your job and a loved one and use the incident to reach new heights in the fulfillment of your life, or you can stop living and wait to die resonating at the bottom of the cone. Every challenge counts and is an opportunity to learn to be centred no matter what.

The environments themselves are not as important as how you use them to help you find the connection to your heart. When connected, we can experience the journey independently of where the game is taking us. Part of the challenge is to learn to enjoy where we are right now while having goals for our future: we can learn to live at the top of our cone no matter where we are at in our life.

There is no need to put our life on hold and wait for the moment *when everything is going to be all right* to experience fulfillment. For example, if you decided that you wanted to be a dentist while you were in high school, would you be upset because you are not a dentist immediately? How about once you are at university? How would you feel just at the beginning of your career when you have all the bills to pay and the student loans? But then, yes, one day you would be a well-established dentist, which would still have its supports and challenges.

Most of us think in the beginning of the game that *if we could only get to a certain point then we would be happy*. However, once we have had more experience we know that is not the way it goes.

What we discover along the way is that real happiness occurs when we connect with the heart, not through the achievement of an ultimate goal or the passions of our senses. All the different tournaments in the lifelong game slowly but surely guide us towards the realization that we really only feel like a winner, successful, loved and loving when we are connected to the heart.

I think that this low-tech game is the greatest game of all, and the winner's reward comes with playing all out and with courage.

When we are fully connected to our soul through our heart we experience the light of the soul. I believe that this is the path to enlightenment. It is the path that each human being ultimately takes. This path takes us to the soul as we gain love and wisdom. It may take us a few lifetimes to attain that point so we might as well be patient and enjoy the games whether we win or lose. Each time we face challenges directly and fully, we quickly learn where we feel unworthy of love. We can dissolve that illusion through finding perfection, listening to the heart and acting on it. We become inspired and inspiring. People who face challenges and rise from them have been celebrated throughout history. You cannot help but touch the lives of many when you live from the heart. People are always impacted by the energy of inspiration and love.

Looking at life as The Game of Creation makes every second of your day more meaningful. The more you *play* with love for yourself and others, the more fulfilling it becomes. Aligning all the environments to support your heart's desires is a challenging but fun game. And just like with any game we win and we lose; but that is what makes a game worth playing. If you could win all the time, you would probably stop playing fairly quickly out of boredom. With experience, and after you have lost and won many times, the goal of playing becomes more about mastery.

As for me, while I still want to win the games I enter, I enjoy the games because of what I learn from playing them. For example, while I was a chiropractor I was quite successful at doing what I love and helped a lot of people each year. I made a very good living. I took about twelve weeks off a year just to be, travel and take seminars so that I could continue learning, which is one of my highest values. I did some crazy sports, like ice canoeing and mountain climbing, and had great people in my life to love. Then came the time for me to face my fears of playing a new game so that I could remain true to my heart. I left the beautiful, secure lifestyle that I knew for the unknown. I became a transformational coach who gives seminars, writes, uses television and print media to reach as many people as possible and inspire them to heal the connection to their heart.

I had to start all over again from the bottom up, create a new reputation and learn new rules. I have a new game that I am playing. There are challenges and insecurities. I do things out of my comfort zone, but I also know that it means I am growing. Because I am immersed in a game that inspires me and to which I am giving all of myself, I am learning a lot. And that to me is winning. As I grow older, I find more and more satisfaction in life from gaining wisdom and gratitude as I discover more and more about the world, myself and love. What I learn from every experience and every person that I meet gives me an opportunity to see some more of the magnificence of the universe in its perfection—in everything!

As human beings, we sometimes manage to be in the moment. Sometimes we learn quickly and gain wisdom, and sometimes we face challenges and frustration and we are not so wise. When we are in the moment and in our heart, we see beauty where there was none before; we get humble, open up our consciousness and feel truly blessed. Personally, I have projects that I am working on but, I know from experience that once these projects are done, I will just look for new projects to experience. So I make a point of enjoying what happens every day and take pleasure in the little moments that would be ignored otherwise.

The biggest challenge in playing *the game* is that, for most of us, the first part of our life is spent spiritually asleep because we are not really paying attention to our heart. We are in the game without knowing that we are in it. We are busy reacting to events either because of Pavlovian/conditioned reflexes or because we are running away from what feels uncomfortable towards what feels good to our emotions and senses. Or because we are trying to be as good or better than someone. That is, until one day we wake up spiritually and realize that the aim of our life is to fulfill the heart, and then we start to pay attention.

The design is perfect, as we learn many lessons and develop many traits, talents and qualities while we are asleep in the reaction phase. Every action that we take has a perfect balance of pros and cons, or pleasure and pain. When we take action based on our heart's guidance, we still experience those dualities but we have more fulfillment.

The differences between human beings come from our personalities. Just as there are maples, oaks or pines, they are all trees. Two maples look different from one another, but they are still maples because they have different branches and leaf arrangements. Some trees are hard and sustain greater winds and burn longer, creating lasting fires. This could be good if you want to warm yourself; it could be bad if you are fighting a forest fire. Some trees are softer and bend nicely, and make nice furniture. Everything serves a purpose in the bigger picture. A maple is not better than a pine; a pine is not better than an oak.

Human beings, like trees, are not better than one another. Our different human personality traits support and challenge. If you are the type that takes life in your own hands and forges ahead with lots of energy, it's probably *nice* to have you around when working but may be *annoying* when we are trying to relax. If you are the motherly type that likes to cocoon people, you are probably nice to have around when sick or hungry but maybe not so nice when facing a tough business challenge.

Every trait supports and challenges, has its pros and cons and was formed by the reactions that you had to the events of your life. Even the difficult personalities serve by teaching us so many lessons about love. As in nature, all traits are important and balance each other. If you kill wolves, sooner or later the rabbits start to over-multiply and the whole ecosystem is affected. Each one of us matters to the whole; that's the beauty and the perfection in the people and the events of our life.

The design of the game is also perfect because the games played while in the unconscious phase give you experience that you can fall back on when in the awakening phase. To live consciously, you need more wisdom, more presence and knowledge about the difference between your heart and infatuation. Learning to be in tune makes for an interesting journey. It is quite useful to have gone through the *asleep phase* where we experienced so many infatuations, resentments and love cycles.

While we are in the *spiritually asleep phase* (the reaction phase), we don't have to be wise and think too hard. We just react to what is happening or do what most people around us are doing. Maybe we react by striving to be different than our family or culture so we won't be like those we dislike. Sometimes we react by trying to be like our family or culture. This phase does not depend on being present; you just need to react to the circumstances that you were born into as opposed to being guided by your heart. The reactions create dynamics that send us in different directions and help us develop different traits that we would not have otherwise. But it is still just a reaction, as opposed to an active co-creation of our life.

That is, until we start to wake up spiritually, when we start being aware of what feels right to the heart rather than to our emotions. When we are in tune with the heart, the very definition of pain or pleasure is different.

For example, as a child I was really shy. I did not want to hang around other kids and it felt good to hide at home and read books. Nothing wrong with spending time alone with books. I felt confident writing this one partly because I have read so many of them, so it served me well. But I was staying away from people, in large part, because I was reacting; I was running away from the painful feeling of not being cool enough to have friends because we were poor. I was not doing it because I was following my heart. Books were safer, and I experienced more pleasure doing that. I did not feel worthy of having good friends who would inspire me and who wanted to be with me. It is not unusual to feel uncool, unworthy as a child. It's the great human challenge that creates the need for the game of finding our self-worth. Now that I am more conscious, I still spend a lot of time reading books, but it is not because I don't feel worthy of love anymore. It is because I love reading books.

*What are the things you enjoy doing because they are more in line with your heart?*

As you become aware of your heart's desires, instead of reacting to the events around you, you start consciously creating your life. When the events/people around you are in line with your

heart, you arbitrarily describe them as good, and when they are not, you call them bad. In actuality, there is no good or bad situation, as everything serves. Even the roundabout adventures that we create provide experiences that guide us back to our heart. We are constantly being steered back by our soul. It is just that when we wake up spiritually and make conscious decisions based on what our heart desires, we have a more direct line to fulfillment.

I guarantee that if the only thing you practiced after reading this book was to ask yourself the question “Is this good for my heart or not?” your life would become an amazingly fulfilling adventure. In the midst of any situation, you just need to ask yourself that question; you can ask it while spending money, saving money, going to church, being in a certain relationship or eating a piece of cake. Any area of your life can be guided by your heart.

For example, if you are in the middle of an argument with someone, you may discover by asking yourself the question that it is your ego speaking, and you may choose to stop because you know it is not what your heart desires. When you do, you will feel like you have done right and your self-esteem expands. If you are in the middle of another argument in which you are actually standing up for yourself and doing what is right for your heart while keeping an assertive and respectful attitude, you will also expand your self-esteem. Nothing is carved in stone; it all depends on the situation.

“How do you know if it is your heart, your mind or your emotions that are speaking?” That is one question commonly asked at this point. This I find is one of the greatest challenges that we face in the game of being a fully actualized human being. When we learn the difference between what is right for our heart and what is only something that feels good to our senses, emotions or ego, we have become *advanced players, or masters*. Sometimes it is obvious and sometimes we won’t know until we go for it and experiment with the answer.

People come to see me so upset sometimes because they feel that they should know. But the truth of being human is that sometimes we are not supposed to know and we just need to enjoy the process. That is the game. If we were supposed to know all the answers, what would be the point of a game like that? Sometimes the only thing we can do is to jump in and see what we find. This is how we learn to win at the human game of living a fulfilled life. We can never lose! Everything works; everything is a lesson guiding us back to love.

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## EXERCISE

Deborah Rozman from the HeartMath Institute ([www.heartmath.com](http://www.heartmath.com)) gave me this exercise. It is very useful in helping you get clarity around your mind and your heart. It is a simple exercise that will provide you with some good insights:

1. Sit in a corner of your room and speak as though it was your head speaking about a subject that is unclear to you.
2. Move to another corner and speak as though it was your heart speaking.

It helps to have someone listening to make you more *present*. What are your insights?